

LDT	E Berkeley Hills E/4 (6,800')/80	ELEV
START at Temescal Regional Recreation Area		
0.0	R Broadway	400
0.7	L Caldecott Lane (to go over Freeway)	
0.8	L Caldecott Lane (after overpass)	
0.9	R Tunnel Road (first right)	600
2.7	C Skyline Blvd	1000
4.1	L Grizzly Peak Blvd	1500
8.0	R South Park Drive (Speeding tickets!)	1700
9.4	R Wildcat Canyon Road (Y intersection)	1000
10.7	Regroup @ Inspiration point (bathrooms)	1000
10.7	C Wildcat Canyon Road	
13.3	R Camino Pablo/San Pablo Dam Rd	400
14.7	R El Toyonal Drive	
16.3	L/C Alta Vista	
16.7	L/C Lomas Cantadas (STEEP!)	
17.2	Regroup at top of hill	1700
17.5	R Grizzly Peak Blvd.	
17.7	R South Park Drive (1st R)	
19.1	R Wildcat Canyon Road	
22.9	C Bear Creek Road (across the light)	400
27.3	Regroup-Briones Regional Park entrance	700
	(Water, Restroom available 0.4 miles inside the park)	
31.3	L Alhambra Valley Road	
34.0	C/R Alhambra Valley(ignore Castro Ranch Rd.)	
34.0	C Pinole Valley Road	
38.0	R San Pablo Ave.	
40.2	L Parker Ave/Willow Ave. @ T	
41.0	R/C San Pablo Ave.	
43.8	C Pomona St.	200
44.4	C Pomona St. (ignore Crockett Blvd.)	
45.2	R/C Winslow/Carquinez Scenic Drive	
47.3	R McEwen Road	
48.5	Regroup at top of hill	600

48.5	Continue on McEwen	
49.7	L Franklin Canyon Road @ T	
53.3	R Alhambra Ave. @ T	
53.7	R Alhambra Valley Road	
55.0	L Reliez Valley Road @T	300
59.2	Top of Reliz Valley climb	700
60.3	R Pleasant Hill Road	400
62.0	R Olympic Blvd	
62.3	C Enter Bike Path - end of Olympic Blvd.	
67.8	C Exit Bike Path-Moraga Commons Park	
67.8	L Through parking lot to St. Mary's Rd.	
67.8	R St. Mary's Road	
67.9	L Moraga Road	
68.2	R LUNCH - Bianca's Deli - Alta Mesa Center	500
68.3	R Moraga Road (go south)	
68.4	C Canyon Road	
70.1	R Pinehurst	
72.8	C Start 600' climb	600
74.1	Regroup at Skyline (top of hill)	1200
74.1	C Skyline	
75.8	X Grizzly Peak Blvd (begin descent - CAUTION)	
77.2	C Tunnel Road	
78.9	L Tunnel Road (Stop sign - bottom of descent)	
79.0	L Caldecott Drive	
79.2	R Across freeway	
79.3	R Broadway	
80.0	L into Temescal Park (END)	400